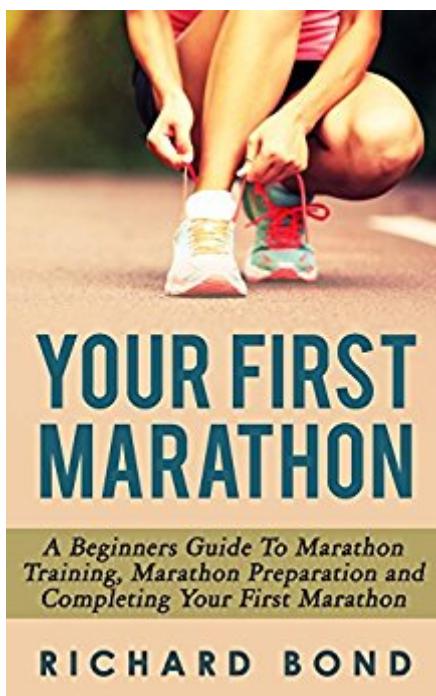


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# Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation And Completing Your First Marathon (Marathon Training, Marathon Guide)



## Synopsis

Your First Marathon - A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First MarathonWould you like to know how to complete a Marathon?To many people, having the desire to run a Marathon is a mystery. But to others, it's one of the most natural activities in world. Running is one of the easiest sports to fit into a busy lifestyle. It doesn't cost you anything, you can do it anywhere and at any time. Most people will take up running to get fit or to lose weight initially. Once you get into it, and you've benefited from losing weight and getting fitter, you start to crave the desire of another challenge - "How far can you run?" or "How fast can you run?".Whatever the initial motivation, the desire to test your limits is usually the driving force for people wanting to run a marathon.Running a marathon is an epic challenge. On completion, you'll be part of a club with less than 1% of the worlds population. When people think about running a Marathon, the idea becomes scary and overwhelming. That's normal! This book is designed to take a complete beginner through the process of running a Marathon from start to finish. This book contains 2 x Marathon training programs for beginners. One for people that just want to cross the finish line, and the other for people wanting a Sub 4-hour Marathon. **Here's A Preview Of What's Inside**

**How To Get Started On Your Marathon Journey**

**Selecting The Right Training Program**

**A Training Plan To Get You To The Finish**

**A Sub-4 Hour Training Plan**

**Running Workouts**

**Mental Training Tips**

**Running Gear**

**Marathon Nutrition and Hydration Basics**

**Injury Prevention and Recovery**

**Marathon Preparation**

**Race Day Tips**

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## **Customer Reviews**

I do not know a thing about training for marathons. This book is truly a beginner's guide, and gives a great introduction to marathon training. It tells you what you need to know in order to prepare for your first marathon. You will learn how much time and effort is truly needed to train (hint: think months, not days!). The eBook also covers mental tips for marathon prep, nutrition and hydration, running gear, and injury prevention and recovery. Overall, a very comprehensive eBook for anyone thinking of running their first marathon.

After reading this book, it has been a roller coaster to know more about how to learn about the guidelines of getting yourself into marathon training. This book is basically the introduction leading to guiding you on your first marathon. It is for beginners such as me who has been trying to look everywhere to start doing the thing that we've been trying to achieve. This book has been very helpful to everybody who are reading this. This book's content was very well written and filled with information you needed as a beginner. It's really commendable for my friends and other people whom I have been connected with.

I have wanted to train and compete in a marathon for almost two years now. Now that the weather is nice here in Florida I have gotten serious about this goal on my bucket list for 2015. I recommend this book for anyone considering a marathon because it makes the whole process a lot less scarier, and with preparation it can actually be fun. Great book!

I am new in this topic, but have an idea to start running. This book gave me the all necessary information and training program I can use as a beginner. But it will definitely be useful for experienced runners as it has a lot of tips and recommendations and training program how to run your marathon for 4 hrs and less. Good book! Recommend to read.

A lot of insight but this book is for those who have never ran a race; 1/2 marathon, 10k, etc. If you want to learn about a full marathon experience, talk to other runners, join a runners group - they will give you the ins and outs!

I have always wanted to run a marathon but I am a complete beginner and didn't have a clue about how to start. I found this book very helpful as it details a step by step training regimen. I liked the Sub-4 Hour Training Plan.

After reading this book, I'm looking forward to training for next year's marathon in Dallas. The instructions and tips are easy to follow and very inspirational.

Easy an effective guide for marathon training, clear and simple that's what a first time marathon runner need

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